

BAIN 50+ CENTER

April, May, June 2022



**5470 Ruth Keeton Way
Columbia, MD 21044
410-313-7213**

Center Email
bain50@howardcountymd.gov

Center Hours
Monday - Friday
8:30 am - 4:30 pm

Fitness Center Hours
8:30 am - 4:00 pm

50 + Hotline 410-313-5400

Newsletter Online
[www.howardcountymd.gov/
bain-50-center](http://www.howardcountymd.gov/bain-50-center)

Volunteer Website
www.hocovolunteer.org

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Howard County
 **50+ CENTERS**
Enrichment. Engagement. Connection. Growth.

Welcome to our new Quarterly Newsletter

When I think of **Older Americans Month—Age My Way** I see Harmony. People coming together over shared interests that range from pottery to exercise, music and friends gathering in the Bain lobby. We invite you to stop in to celebrate by participating as we offer support and encouragement.



AGE MY WAY: MAY 2022

Opera at Bain with Dr. Sam Stern 3rd Thursday of the Month
April 21st AIDA
May 19th FAUST
June 19th LaTraviata

Thursday Cinema Returns to Bain

April 14th King Richard
May 12th House of Gucci
June 9th A Journal for Jordan

Special Luncheon's - Join Us!

April 13th Easter Holiday - Panera Bread
May 6th Mother's Day - La Madeleine
June 15th Father's Day - Mission BBQ

HCC—Senior Choir Spring Concert

May 18th— Enjoy the smooth melodies of Spring!

Korean American Senior Association - KASA All are Welcome
Mondays - Line Dance, Bingo, Yoga and Computer Class

Care Talks NEW - In-person one on one Caregiver support program. Offering information and resources to assist you.

Law Day May 2nd - Services to help you make your Advance Directive.

GENERAL INFORMATION

50 +Center Staff

Linda Jackson Ethridge, Director
lethridge@howardcountymd.gov
(410) 313-7468

Tammy Wiggins, Assistant Director
twiggins@howardcountymd.gov
(410) 313-7469

Dawn Perez, Registrar
daperez@howardcountymd.gov
(410) 313-7213

Michelle Rosenfeld, Fitness Coordinator
mrosenfeld@howardcountymd.gov
(410) 313-7394

Dajuan Tyler –Curtis, Contingent
dtylercurtis@howardcountymd.gov
(410) 313-7270

Stanley Bowser – Security Officer
410-313-7464

Elaine Widom, SeniorsTogether
ewidom@howardcountymd.gov
(410) 313-7353

SHIP-STATE HEALTH INSURANCE ASSISTANCE PROGRAM

By Appointment (410) 313-7392

MARYLAND ACCESS POINT

By Appointment (410) 313-1234

INCLEMENT WEATHER PROGRAM LINE
410-313-7777

Bain 50+ Center Council

President: Frances Beckman Martiny
Vice President: Iantha Tucker
Secretary: Vacant
Treasurer: Frances Beckman Martiny

Members:

Athena Dalrymple	Willis Gay
Jackie Dunphy	Valerie Hoelz
Peter Eisenhut	Frances Martiny
Susan Elbanna	Iantha Tucker
Annie Foster	Shirley Williams
Doretha Gay	

The Bain Council is seeking applicants to serve on the Council. If you are interested please send an email to Bain.Council.Comm@gmail.com

Americans with Disabilities Act Accommodations

To request this document in an alternate format, or to request an accommodation to participate in a program/event, contact the Center at 410-313-7213 at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

Newsletter by Email

Would you like your newsletter delivered to your inbox? Just click link below.

[CONSTANT CONTACT SIGN UP](#)

ADJUSTED HOURS OR CENTER CLOSURES

Friday, April 15 Good Friday
Monday, May 30 Memorial Day
Thursday, June 2 Employee Appreciation Celebration—Center Close at 1pm
Monday, June 20 Juneteenth

Note: Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.

GENERAL INFORMATION

Howard County 50+ Center Participation Guidelines

Anyone 50 years or older is welcome to join the Bain 50+ Center activities. In order to ensure a healthy and safe environment for all participants, there are a few simple guidelines to ensure that all members' rights and needs are respected.

- ◆ Members must be independent and be able to navigate the Center. Those who need assistance must have a qualified companion or aid with them.
- ◆ Members must be able to function in the Center without one-to-one assistance or supervision from staff.
- ◆ Members should not use language or behavior that is obscene, abusive, loud or insulting. They should not harass or discriminate based on race, sex, age, national origin, religion, disability or sexual orientation.
- ◆ Members must maintain personal hygiene standards.

To obtain a full list of guidelines, please request a copy at the front desk.

Transportation Options

Members are responsible for their transportation to and from the Center. One transportation resource available is through Regional Transit Agency/RTA Ride. To use this option, riders must be certified. For certification, reservations and cancellations please call the RTA Customer Service Line at **1-800-270-9553** or visit the RTA website at www.transitRTA.com for more information.

Transportation to the Bain 50+ Center is also available through NeighborRide for a modest fee. For additional information call NeighborRide at (410) 884-7433.

Membership Registration

Membership to Howard County 50+ Center is required to attend or register for any class, program or activity. It is free for those age 50+ who have completed an application packet. Regardless of where one registers, membership is valid at all Howard County 50+ Centers. Membership renewal may require a new form and completed waiver. Prior to online registration, please check with the Front Desk to assure that your membership is current. **Please inform the Front Desk if there have been any changes to your address, phone number or your emergency contact information.**

Scan In

Upon entering the Center, please have your membership card available to scan. This helps track accurate Center attendance. Your cooperation is greatly appreciated.

Sign-Up & Payment For Programs & Classes

Payments for programs and classes can be made via cash, credit card or a check made payable to **Howard County Director of Finance**. Online registration can be done via the ActiveNet website: <http://apm.activecommunities.com/howardcounty>. Account must be established prior to registering for class.

Class Withdrawal Policy

We recognize that there are times when you may need to withdraw from a class. All refund requests are subject to a 20% administrative fee and there are no refunds for missed classes. Additional fees may be assessed to recover costs associated with the program.

GENERAL INFORMATION



AARP Income Tax Preparation by Appointment only February 2 - April 15 9am-2pm

AARP and the IRS are sponsoring free personal Federal and Maryland Income tax preparation. Appointments will be held at the Bain 50+ Center Monday, Tuesday, Wednesday, and Friday.

All preparers and volunteers have received IRS approved training and certification in tax preparation. This service is available to middle and low income tax payers with special emphasis for those 60 and older. Self-employment returns with more than \$5K in expenses or very complex returns are not eligible for this service. Each appointment is for one single or joint return.

- ◆ Bring Social Security cards for anyone listed on your return.
- ◆ Bring 2020 state and federal tax returns.
- ◆ Bring 2021 tax records with you.
- ◆ If you had investment transactions during 2021, be sure to bring the purchase cost for those transactions.

To set up a tax appointment, please call **443-741-1220**. You will need to leave a message.

Include your name and specify that you would like your appointment at the Elkridge 50+ Center. A scheduler will call you back to confirm the date and time. For those who would like to schedule an appointment online, Google **AARP Tax Aide Locator**. For all other tax questions, call AARP directly at **888-227-7669**.

TAX APPOINTMENTS ARE NOT SCHEDULED BY CENTER STAFF and TAX PREPARERS ARE NOT AVAILABLE TO ANSWER PHONE INQUIRIES.


APRIL AT A GLANCE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10 Knitting 10 Trenders 11 Balance 4 All \$ 11 Poker 12 Cards & Games 1 Line Dance
4 9 Project Linus 10 Knitting 10 Pottery 11 Poker 1 Canasta 1 KASA Line Dance 1 KASA Bingo 2:15 Yoga \$	5 10 MAP 10 Pottery 10:15 Low Vision Group 10:30 Reiki \$ 11 Tap Dance 12 Seated Tai Chi \$ 12 Duplicate Bridge	6 9:30 Bingo 10 Massage \$ 11 Yoga \$ 12 Poker 1 Mahjongg	7 10 Massage \$ 10 Artful Journaling \$ 10 Chair Yoga \$ 10 Theatre Club 10 The Village of Howard Presentation 12 Brain Teasers 1 Mahjongg 2 Soul Line Dance 3 Tai Chi \$	8 10 Knitting 10 Trenders 11 Balance 4 All \$ 11 Poker 11 Knee Pain Discussion 12 Cards & Games 1 Line Dance
11 9 Project Linus 10 Knitting 10 Pottery 11 Poker 1 Canasta 1 KASA Line Dance 1 KASA Bingo 2:15 Yoga \$	12 10 MAP 10 Pottery 10 Barre 10:15 Low Vision Group 10:30 Reiki \$ 11 Tap Dance 12 Seated Tai Chi 12 Duplicate Bridge	13 9:30 Bingo 10 Massage \$ 11 Yoga \$ 11:30 Wii Bowling 12 Happy Easter Box Lunch Special 12 Poker 1 Mahjongg	14 10 Massage \$ 10 Artful Journaling \$ 10 Chair Yoga \$ 10 Theatre Club 12 Brain Teasers 1 Mahjongg 1 Cinema—King Richard 2 Soul Line Dance 3 Tai Chi \$	15 Good Friday Center Closed
18 9 Project Linus 10 Knitting 10 Pottery 11 Poker 1 Canasta 1 KASA Line Dance 1 KASA Bingo 2:15 Yoga \$	19 9 Nutrition Consult 10 MAP 10 Pottery 10:15 Low Vision Group 10:30 Reiki \$ 11 Tap Dance 12 Seated Tai Chi \$ 12 Duplicate Bridge	20 9:30 Bingo 10 Massage \$ 10:30 Macular Degeneration: Sight Saving Strategies 11 Yoga \$ 12 Poker 1 Mahjongg	21 10 Massage \$ 10 Artful Journaling \$ 10 Chair Yoga \$ 10 Theatre Club 12 Brain Teasers 12:30 Opera—AIDA 1 Mahjongg 2 Soul Line Dance 3 Tai Chi \$	22 10 Knitting 10 Trenders 10:30 Earth Day Community Walk 11 Balance 4 All \$ 11 Poker 12 Cards & Games 1 Line Dance
25 9 Project Linus 10 Knitting 10 Pottery 11 Poker 1 Canasta 1 KASA Line Dance 1 KASA Bingo 2:15 Yoga \$	26 10 MAP 10 Pottery 10:15 Low Vision Group 10:30 Reiki \$ 11 Tap Dance 12 Seated Tai Chi \$ 12 Duplicate Bridge 1 What is Reincarnation	27 9:30 Bingo 10 Massage \$ 11 Yoga \$ 12 Poker 1 Mahjongg	28 9 AARP CarFit 10 Massage \$ 10 Artful Journaling \$ 10 Chair Yoga \$ 10 Theatre Club 10 Care Talks 12 Brain Teasers 1 Mahjongg 2 Soul Line Dance 3 Tai Chi \$	Please Note: \$ Fee program The Fitness Center and Billiard's Room Hours are Mon.-Fri. 8:30 am-4 pm Woodshop Hours are 8:30 am -12:30 pm

MAY AT A GLANCE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9 Law Day 9 Project Linus 10 Knitting 10 Pottery 11 Poker 1 Canasta 1 KASA Line Dance 1 KASA Bingo 2:15 Yoga \$	3 10 MAP 10 Pottery 10:15 Low Vision Group 10:30 Reiki \$ 11 Tap Dance 12 Seated Tai Chi \$ 12 Duplicate Bridge	4 9:30 Bingo 10 Massage \$ 10:30 Hear & Vision 11 Yoga \$ 12 Poker 1 Mahjongg	5 10 Massage \$ 10 Artful Journaling \$ 10 Chair Yoga \$ 10 Theatre Club 12 Brain Teasers 1 Mahjongg 2 Soul Line Dance	6 10 Knitting 10 Trenders 11 Balance 4 All \$ 11 Poker 11:30 Mother's Day Luncheon 12 Cards & Games 1 Line Dance
9 9 Project Linus 10 Knitting 10 Pottery 11 Poker 1 Canasta 1 KASA Line Dance 1 KASA Bingo 2:15 Yoga \$	10 9 Nutrition Consult 10 MAP 10 Pottery 10 Barre 10:15 Low Vision Group 10:30 Reiki \$ 11 Tap Dance 12 Seated Tai Chi 12 Duplicate Bridge	11 9:30 Bingo 10 Massage \$ 11 Yoga \$ 11:30 Wii Bowling 12 Happy Easter Box Lunch Special 12 Poker 1 Mahjongg	12 10 Massage \$ 10 Artful Journaling \$ 10 Chair Yoga \$ 10 Theatre Club 12 Brain Teasers 1 Cinema— House of Gucci 1 Mahjongg 2 Soul Line Dance 3 Tai Chi \$	13 10 Knitting 10 Trenders 11 Balance 4 All \$ 11 Poker 12 Cards & Games 1 Line Dance
16 9 Project Linus 10 Knitting 10 Pottery 11 Poker 1 Canasta 1 KASA Line Dance 1 KASA Bingo 2:15 Yoga \$	17 10 MAP 10 Pottery 10:15 Low Vision Group 10:30 Reiki \$ 10:30 Medication Highlights 11 Tap Dance 12 Seated Tai Chi \$ 12 Duplicate Bridge	18 9:30 Bingo 10 Massage \$ 10:30 HCC Concert 11 Yoga \$ 12 Poker 1 Mahjongg 1 Beginners Water Color Class\$	19 10 Massage \$ 10 Artful Journaling \$ 10 Chair Yoga \$ 10 Theatre Club 12 Brain Teasers 12:30 Opera FAUST 1 Mahjongg 2 Soul Line Dance 3 Tai Chi \$	20 10 Knitting 10 Trenders 11 Balance 4 All \$ 11 Poker 12 Cards & Games 1 Line Dance
23 9 Project Linus 10 Knitting 10 Pottery 11 Poker 1 Canasta 1 KASA Line Dance 1 KASA Bingo 2:15 Yoga \$	24 10 MAP 10 Pottery 10:15 Low Vision Group 10:30 Reiki \$ 11 Tap Dance 12 Seated Tai Chi \$ 12 Duplicate Bridge	25 9:30 Bingo 9:30 Focus on Fitness Assessments 10 Massage \$ 11 Yoga \$ 12 Poker 1 Mahjongg 1 Beginners Water Color Class\$	26 10 Massage \$ 10 Artful Journaling \$ 10 Chair Yoga \$ 10 Theatre Club 12 Brain Teasers 1 Mahjongg 2 Soul Line Dance 3 Tai Chi \$	27 10 Knitting 10 Trenders 11 Balance 4 All \$ 11 Poker 12 Cards & Games 1 Line Dance
30 9 Project Linus 10 Knitting 10 Pottery 11 Poker 1 Canasta 1 KASA Line Dance 1 KASA Bingo 2:15 Yoga \$	31 10 MAP 10 Pottery 10:15 Low Vision Group 10:30 Reiki \$ 11 Tap Dance 12 Seated Tai Chi \$ 12 Duplicate Bridge			Please Note: \$ Fee program The Fitness Center and Billiard's Room Hours are Mon.-Fri. 8:30 am-4 pm Woodshop Hours are 8:30 am -12:30 pm

JUNE AT A GLANCE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Early Voting at Bain June 16 through June 23 7am—8 pm		1 9:30 Bingo 10 Massage \$ 11 Yoga \$ 12 Poker 1 Mahjongg 1 Beginners Water Color Class\$	2 10 Massage \$ 10 Artful Journaling \$ 10 Chair Yoga \$ 10 Theatre Club 12 Brain Teasers 1 Mahjongg 2 Soul Line Dance	3 10 Knitting 10 Trenderers 11 Balance 4 All \$ 11 Poker 12 Cards & Games 1 Line Dance
6 9 Project Linus 10 Knitting 10 Pottery 11 Poker 1 Canasta 1 KASA Line Dance 1 KASA Bingo 2:15 Yoga \$	7 10 MAP 10 Pottery 10:15 Low Vision Group 10:30 Reiki \$ 11 Tap Dance 12 Seated Tai Chi \$ 12 Duplicate Bridge	8 9:30 Bingo 10 Massage \$ 11 Yoga \$ 11:30 Wii Bowling 12 Poker 1 Mahjongg 1 Beginners Water Color Class\$	9 10 Massage \$ 10 Artful Journaling \$ 10 Chair Yoga \$ 10 Theatre Club 12 Brain Teasers 1 Cinema—A Journal for Jordan 1 Mahjongg 2 Soul Line Dance	10 10 Knitting 10 Trenderers 11 Balance 4 All \$ 11 Poker 12 Cards & Games 1 Line Dance
13 9 Project Linus 10 Knitting 10 Pottery 11 Poker 1 Canasta 1 KASA Line Dance 1 KASA Bingo 2:15 Yoga \$	14 9 Nutrition Consultation 10 MAP 10 Pottery 10 Barre 10:15 Low Vision Group 10:30 Reiki \$ 11 Tap Dance 12 Seated Tai Chi 12 Duplicate Bridge	15 9:30 Bingo 10 Massage \$ 10:30 Elder Abuse Day Program 11 Yoga \$ 11:30 Wii Bowling 12 Poker 12 Father's Day Luncheon 1 Mahjongg 1 Beginners Water Color Class\$	16 10 Massage \$ 10 Artful Journaling \$ 10 Chair Yoga \$ 12 Brain Teasers 12:30 Opera "La Traviata" 1 Mahjongg 2 Soul Line Dance 3 Tai Chi \$ Early Voting	17 10 Knitting 10 Trenderers 11 Balance 4 All \$ 11 Poker 12 Cards & Games 1 Line Dance Early Voting
20 9 Project Linus 10 Knitting 10 Pottery 11 Poker 1 Canasta 1 KASA Line Dance 1 KASA Bingo 2:15 Yoga \$ Early Voting	21 10 MAP 10 Pottery 10:15 Low Vision Group 10:30 Reiki \$ 11 Tap Dance 12 Ice Cream Social 12 Seated Tai Chi \$ 12 Duplicate Bridge Early Voting	22 9:30 Bingo 10 Massage \$ 11 Yoga \$ 12 Poker 1 Mahjongg Early Voting	23 10 Massage \$ 10 Artful Journaling \$ 10 Chair Yoga \$ 10 Theatre Club 10 Care Talks 12 Brain Teasers 1 Mahjongg 2 Soul Line Dance 3 Tai Chi \$ Early Voting	24 10 Knitting 10 Trenderers 11 Balance 4 All \$ 11 Poker 12 Cards & Games 1 Line Dance
27 9 Project Linus 10 Knitting 10 Pottery 11 Poker 1 Canasta 1 KASA Line Dance 1 KASA Bingo 2:15 Yoga \$	28 10 MAP 10 Pottery 10:15 Low Vision Group 10:30 Reiki \$ 11 Tap Dance 12 Seated Tai Chi \$ 12 Duplicate Bridge	29 9:30 Bingo 10 Massage \$ 11 Yoga \$ 11:30 Candle Light Concert Luncheon 12 Poker 1 Mahjongg	30 10 Massage \$ 10 Artful Journaling \$ 10 Chair Yoga \$ 10 Theatre Club 12 Brain Teasers 1 Mahjongg 2 Soul Line Dance 3 Tai Chi \$	Please Note: \$ Fee program The Fitness Center and Billiard's Room Hours are Mon.-Fri. 8:30 am-4 pm Woodshop Hours are 8:30 am -12:30 pm

ONGOING PROGRAMS

Nutrition Consultation

Tuesdays, 9-11am

April 19, May 10 & June 14

Registered Dietitian, Carmen Roberts, is available for nutrition consultations for members 60+. During this 30-minute session, she can answer questions about diet, nutrition, and the impact of food on your health.

Register using the ActiveNet link:

https://anc.apm.activecommunities.com/howardcounty/activity/search?onlineSiteId=0&locale=en-US&activity_select_param=2&activity_keyword=virtual%20Nutrition&viewMode=list

Opera at Bain with Dr. Sam Stern

3rd Thursday of the Month

12:30 pm Free

April 21: "AIDA" (Pronounced "I - eat- ah") - Composed in 1871 by Giuseppe Verdi. Aida, beautiful servant to the Queen of ancient Egypt, is torn between her love for Radames the heroic and victorious general of the Egyptian army, and her homeland of Ethiopia which is at war with Egypt. Aida tricks Radames into revealing the secret route of the Egyptian army (for the Ethiopian army to attack). Two and a half hours.

May 19: "FAUST", Composed by Charles Gounod in 1859. This well known French opera follows the life of Dr. Faust who, just as he contemplates suicide, is visited by the devil. Satan strikes a bargain with Faust: in return for his soul in hell when he dies, the devil will give Faust a full life as a young man, complete with romance, attractive women, love, and wealth. Gorgeous music! Three hours.

June 16: "LA TRAVIATA". Composed by Giuseppe Verdi in 1853, La Traviata ("The Fallen Woman") is a beautiful, opera about Violetta, a courtesan, who falls in love with Alfredo (and he with her). Violetta has tuberculosis but doesn't let that stop her from loving and partying most of her young life. Alfredo's father, persuades her to reject his son. This is a tragic but gorgeous opera with beautiful arias in 19th century opera. One hour, 49 minutes.

"CARE TALKS"

April 28, May 26 & June 23

10 am-12 noon

The Caregiver Support Program will be held at the Bain 50+ Center for in-person meetings with caregivers offering information and resources to assist you in your journey.

Please contact Earnestine Thomas at 410-313-5969 or

ethomas@howardcountymd.gov.



Wii Bowling

2nd Wednesday Monthly

April 13, May 11, June 8

11:30 am

Wii bowling combines fun and fitness into one product. It may change how you view exercise. Come out and show off your bowling skills and have some fun. Sign-up in the lobby.



"Seniors Are Acting Up!"

Theatre Club Returns

**Thursdays,
Starting April 7
10-11:30 am**

Sign up to be a part of this group and enjoy theatre rehearsing short skits. Enjoy improv, learn new skills and meet new friends. What do you need to be a part of the Theatre Club? Bring yourself (and or a friend) and have some fun! **No memorization required.**

ONGOING PROGRAMS



Low Vision Support Groups

Tuesdays

10:15 am

Ongoing support for those with low vision; explore options, share ideas and learn new ways to maintain independence.

Brain Teasers

Thursdays

12:30 pm

Challenge your mind, strengthen your memory using games, puzzles and other activities.

Trenders

Fridays

10 am

A lively, open-minded discussion group with a loosely structured agenda.

Knitting & Crocheting

Mondays, 10 am - 12 noon

Fridays 10-11:30 am

Knitters, crocheters, fabric crafters and others join together to share their talents. Drop in for this fun and ageless group to happily share fellowship and conversation.

RED HATTERS

Meets the 3rd Tuesday every month.

Tuesday, April 19, May 17, & June 21

10 am

The Red Hatters are a playgroup created to connect like-minded women, make new friends and enrich lives through the power of fun and friendship!

Contact Ginny Russ at 301-325-5173 for Red Hatters information.

Better Breathers Pulmonary Support Group Meets the 3rd Tuesday Monthly

Tuesday, April 19, May 17, & June 21

2:30-3:30 pm

This group is open to those with pulmonary conditions and their care partners.

The Bain Book Club Meets 3rd Wednesday of the Month

10-11:30 am / Free

April 20-*The Silent Patient* by Alex Michaelides

May 18-*One by One* by Ruth Ware

June 15-*Iron Lake* by William Kent Kruger

Please call the center for additional information.



Essential Touch Massage Therapy Wednesdays & Thursdays

10 am- 1 pm

Cost: \$68

60 minutes

Indulge yourself with a therapeutic massage designed especially for your needs. Massage Therapist, Felicia Tenny, RN, LMT will relax your muscles, decrease aches and pains, and promote the circulation of blood and lymph system. By appointment only 410-313-7213.



Reiki

Tuesdays

10:30 am -1 pm

\$30 per 30 minute session.

A gentle, kind energy, that promotes relaxation, peace, and helps reduce pain.

Sharon Burns RN, BSN, MA. Register in advance.

ONGOING PROGRAMS

Korean American Senior Association (KASA)

Mondays

Line Dance and Bingo 1-2 pm

Yoga 2-3 pm

Poker

Mondays, Wednesdays, Fridays

11 am-4 pm

Canasta

Mondays, 1-4 pm

Canasta is a card game of the rummy family of games believed to be a variant of 500 Rum. New players and beginners are always welcome.

Bridge (Duplicate)

Tuesdays, 12-4 pm

Mah Jongg

Wednesdays & Thursdays 1-3:30 pm

Class is designed for anyone who wishes to play. No Mah Jongg set or cards required.

Bingo

Wednesdays, 9:30-11:30 am

Open Cards & Games

Fridays, 12-4 pm

Maryland Access Point Services (MAP)

8:30 am-4 pm

Minjung Engle, Resource Specialist with the Howard County Office on Aging and Independence will be available by appointment. She can assist in navigating services and identify resources. To make an appointment to meet with Minjung Engle in person at Bain, please call her at 410-313-6538.

Weekly Computer/Phone Clinic

Wednesdays, 1pm –3:30pm/Free

Have a problem with your iPhone or iPad or want to learn how to better use its many features? Need help with your laptop or desktop computer? Call and sign up for a one-on-one, 30 minute appointment.

HCC Bain Senior Choir

Wednesdays, 9:30– 11:00 am

Members of the choir pay no tuition; the only charge is HCC's Consolidated Fee, which is \$28.34 for Maryland residents.

Trivia Time

Last Friday of the Month

10:30-11:30 am

Show us what you know during this entertaining and informative hour of trivia fun. Question categories range from sports and entertainment to geography and more. Join Dave Baker in the Bain Lobby and help your team compete for bragging rights. Call the center to sign-up.

Project Linus

Meets the 2nd & 4th Monday

9-11:30 am

Project Linus is comprised of hundreds of local chapters and thousands of volunteers across the United States, and includes our chapter at Bain. Volunteers work together to provide love, a sense of security, warmth and comfort to children who are ill, or are in need with the gifts of new, handmade blankets and afghans, lovingly created by volunteer "blanketeers."

EVENTS & PROGRAMS

The Village in Howard

Thursday, April 7

10 am

The Village in Howard (TVIH) is an "Aging in Place" organization that is part of a network TVIH which currently has over 300 Villages. TVIH has a number of activities to keep members active and engaged. TVIH provides a helping hand when needed with the idea of keeping members in their homes and connected to their respective communities.

Join us for a presentation at the Bain 50+ Center to learn what we mean by "Aging in place just got easier".

Knee Pain Discussion

Friday, April 8

11 am Free

Nurse Practitioner, Kara Moss-Murray, will discuss knee pain and regenerative tissue therapy. Kara represents a company that is one of the leaders in providing regenerative tissue therapies under the auspices of an FDA clinical study. This study is focused on documenting regenerative tissue therapy in the areas of osteoarthritis, joint pain, chronic pain, and neuropathy. Please join her in this discussion on the use of regenerative tissue therapy and its use for people who suffer from chronic and debilitating knee pain.

Easter Holiday Luncheon

Wednesday, April 13

12 pm Cost: Lunch Donation

Enjoy having lunch again at Bain. We will have a delicious box lunch from **Panera Bread**. Make your selection and donation at the front desk. Limited seating. Registration required.

Thursday Cinema Returns

1 pm Free

April 14th Cinema - *King Richard*

Based on the true story of Richard Williams, raising his extraordinary gifted tennis athletes. Featuring: Will Smith

May 12th Cinema - *House of Gucci*

Family behind the Italian Fashion empire. Featuring: Lady GaGa

June 9th Cinema - *A Journal for Jordan*

True story of a Sergeant deployed to Iraq who begins to keep a journal of love and advice for his infant son.



On April 16 — NATIONAL HEALTHCARE

DECISIONS DAY — All Americans are encouraged to ensure that their future healthcare choices are known and protected. The observance reminds us that it is essential to make these decisions known, regardless of age or current health.

Visit <https://speakeasyhoward.org> or download "Maryland Advance Directive: Planning for Future Health Care Decisions"

at <https://bit.ly/2MYwr4z>. Completed directives can be uploaded to the SpeakEasy Howard website, or you can contact the Advanced Planning Coordinator at Howard County General Hospital at 443-518-6684 to have the document uploaded to your medical record.

Fresh Conversations:

Macular Degeneration Sight Saving Strategies
Wednesday, April 20

10:30 am

Put on your scientific glasses and learn what affects our sight as we age.

- ◆ Discuss how your diet can help prevent Macular Degeneration.
- ◆ Discover powerhouse foods that can help improve your vision.

Join us for fun and conversation with Karen Basinger. Advance sign-up is required.

EVENTS & PROGRAMS

Earth Day Celebration Community Nature Walk Scavenger Hunt Friday, April 22 10:30 am

A great, simple way to celebrate Earth Day is with a Nature Walk. Join us as we kick off the walking group's first walk of the season and celebrate Earth Day with a twist. Sign-up in advance.



What is Reincarnation? **HYBRID** Sharon Burns, RN, BSN, MA. Tuesday, April 26 1 pm

Have you ever wondered if there is such a thing as reincarnation? Join this fascinating one-hour discussion about the possibility. Topics include choices that we make about our lives such as gender, race, place of birth. Do we have free will? What is the reason for having many lives? Also, clues to discover your past lives. R.S.V.P.

AARP CarFit Thursday, April 28 9 am— 2 pm



Discover your perfect "fit." CarFit is a FREE, interactive and educational program that teaches participants how to make their personal vehicle "fit" them to increase safety and mobility when they hit the road.

- ♦ Review 12 key areas of your fit to your car such as adequate space from the steering wheel, proper seat belt use, and properly adjusted head restraints.
- ♦ Learn how to use and adjust your safety devices.
- ♦ Each checkup takes about 20 minutes— this is not a driving test or mechanical inspection. To schedule an appointment, please call 410-313-7213. Spaces are limited.

Howard County Law Day Monday, May 2 9 am-2 pm / Free

Advance Directive prepared—Free medical decision document preparation provided by volunteer attorneys. Appointments are limited. Call the front desk 410-313-7213 to schedule your appointment.

Hearing and Vision Change: The Emotional Connection Wednesday, May 4 10:30 am

A general overview of the connection between mental health and sensory loss. A topic often not connected to hearing or vision loss, the discussion sheds light on maintaining healthy mental health when we experience a sensory loss. Contact Karen Hull for more information, 410.313.7466 or khull@howardcountymd.gov

Annual Mother's Day Luncheon Friday, May 6 11:30 am Cost: Lunch Donation Featuring: A GIRL CALLED EVAN



A Girl Called Evan is the musical project of Maryland-based singer-songwriter and multi-instrumentalist, Evan Nicole Bell. A one-woman band, Evan plays numerous instruments, including classical, acoustic, and electric guitar, electric bass, piano, melodica, and the djembe, though her main instrument is the electric guitar.

In her live performances, Evan utilizes her loop pedal to lay down jazzy, bluesy original tracks and performs over them with smoky, soulful vocals and funky guitar riffs.

Everyone welcome. Make your donation and pick up your ticket at the Bain 50+ Center. Limited seating. Registration required. **Lunch provided by La Madeleine.**

EVENTS & PROGRAMS

Medication Highlights for Older Adults

Tuesday, May 17

10:30am

Martin Pollock, licensed pharmacist since 1977 presents information on medications commonly prescribed to older adults. Joining Martin will be Fred Butt, retired pharmacist. The discussion will include practical considerations such as record keeping, generics, interactions, and techniques for safe use. In addition, blood pressure medication will be highlighted. Sponsored by the **SeniorsTogether Low Vision Support Group**. For more information, contact Elaine Widom 410-313-7353.

HCC-Bain 50+ Senior Choir Spring

Concert Wednesday, May 18

10:30-11:30 am/ Free

Spring is in the air so come in and enjoy the smooth melodies of the HCC-Bain Senior Choir. This year's performance will be one that you don't want to miss. Please R.S.V.P. Call 410-313-7213



Beginners Water Color Class

Wednesdays, May 18-June 15

1-3 pm Cost: \$38

#A01505.700

Master the fundamentals of drawing, shapes, values, textures and design. Learn how to use different tools and materials to create a natural landscape. Instructor, Mostafa Torabi



World Elder Abuse Awareness Day

(WEAAD), June 15th, serves as a call-to-action for individuals, organizations, and communities to bring attention to the issue of elder abuse, neglect, and exploitation. Please stay tuned for the June-2022 Project Safe/WEAAD shredding event coming soon! Visit www.howardcountymd.gov/aging for more information.

World Elder Abuse Awareness Day Program

Wednesday, June 15

10:30 am/ Free

Each year hundreds of thousands of older persons are abused, neglected, and exploited. Many victims are people who are older, that depend on others to meet their most basic needs. Abusers of older adults are both women and men, and may be family members, friends, or "trusted others." Retired Officer Andre Lingham, will provide tips on how to protect yourself and your family. Please R.S.V.P. Call 410-313-7213



Early Voting at Bain

June 16-June 23, 2022

7am—8 pm

Father's Day Luncheon: Mission BBQ

Wednesday, June 15

12 noon

Cost: Lunch Donation

Stop by the front desk to make your donation and pick up your ticket. Limited Seating.



First Day of Summer Ice Cream Social

Sponsored by the Bain Council

June 21 12 pm

Join us on the first day of summer for nice sweat treat. Sign-up in the lobby.

Candlelight Concert Luncheon

Wednesday, June 29 11:30 am

Isaiah Shim is a conductor and pianist base in the Baltimore Washington area. Recent conducting engagements include collaboration with the Baltimore, Peabody and Wheaton Symphony Orchestras. As an avid musician, he has performed in the United States, as well as Australia, Italy, Korea Mexico, Thailand and the United Kingdom.

Pizza provided after the program.

Must sign-up in advance at the front desk.



EXERCISE & FITNESS

Senior Health & Fitness Week Bingo May 23- May 27



Drop in to your local Howard County 50+ Center to pick up a **Health & Fitness BINGO card between May 9th-20th**, begin marking your card on the 23rd. Prizes include small giveaways & raffle entry for a \$25 credit toward 50+ Center programming. Prize information included on the BINGO cards. FREE to play, must be a member of the 50+ Centers. Call 410-313-6073 for more information.

Focus on Fitness Health Assessments Wednesday, May 25 9:30 am-12 pm

Take a snap shot of your current fitness level by participating in two simple aerobic fitness tests. Each participant will receive a fitness report card and information about opportunities to stay active in Howard County. Testing is performed by Certified Exercise Professionals. There is no charge. Participants will be given a specific time-slot for their testing. To register, call 410-313-6073.



Tai Chi Thursdays, April 7-June 30 3 pm #A014.601 Call the Center to Register

Tai Chi is a slow and gentle form of Chinese martial arts, an internal form of exercise by combining slow, deep abdominal breathing with gentle, smooth body movements in a natural and harmonic way.

Instructor: Dr. Ping Mao is a board certified and award-winning international champion who has been teaching Tai Chi in Howard County for 17 years.



Barre

Tuesday, April 5 – Tuesday, June 28

10 am (13 Classes/ \$69) #A01480.700

This class will take you through Ballet, Pilates, and Functional Barre movements that will lengthen and strengthen your entire body and improve flexibility. No prior dance experience required. Modifications for exercises will be provided. Please bring a yoga mat.

Instructor: Doreen Sheppard



Balance-4-All

Friday, April 1 – Friday, June 24

11 am (13 Classes/\$64) #A01424.700

This class combines a perfect blend of balance, flexibility, posture, strength, & agility. With the use of light dumbbells and a chair, you will work your way to being better equipped to perform routine activities of daily living (ADL) and decrease your risk of falling. **Instructor: Courtney**

Bracey (No Class 4/15)



Zumba Gold®

Friday, April 1 – Friday, June 24

10 am: (12 Classes/\$64) #A01437.700

Join this fun, Latin-inspired workout. This low impact class incorporates Zumba's contagious rhythms and is performed at a lower intensity. **Instructor: Courtney Bracey**

EXERCISE & FITNESS

Bain Walking Club-Fridays at 10:30 am
Resumes Earth Day, April 22nd



Tap Dancing Class-Tuesdays at 11 am



NEW BARRE CLASS– Register Now



Please bring a yoga mat.

Arthritis Foundation Exercise
April 5-June 30 #A01404.700
Tuesdays & Thursdays 1pm Cost: \$83

Low impact physical activity program proven to reduce pain and decrease stiffness. Includes gentle range of motion exercises that are suitable for every fitness level and ability. Led by trained program leader, Pam Beck. Suitable for participants diagnosed with arthritis. Registration required. For more information contact mburgess@howardcountymd.gov or call 410.313.5440 to register.

Better Balance
April 6-June 29 #A01445.700
Mondays and Wednesdays
1 pm Cost: \$73 (No classes 5/30 & 6/20)
Better Balance is a great fit for someone looking to improve their balance and mobility. This class has been proven effective for people with a chronic condition affecting balance or for those who feel unsteady on their feet. Class includes walking, bar, and seated exercise. A pre-screening is required before enrolling. Those 60 and older pay a suggested donation. Age 59 and younger, pay full fee of the class.

Age Well
April 6-June 29 #A01201.700
Mondays & Wednesdays
12 pm Cost: \$73
(No classes 5/30 & 6/20)

Practice basic aerobic combinations to increase cardiovascular endurance and muscular stamina. Build lean muscle mass and bone density through strength training. Conclude with stretching to help you feel your best. Classes are conducted in the Bain 50+ Center and are co-sponsored by Howard County General Hospital.

EXERCISE & FITNESS

Yoga

Mondays, 2:15–3:15 pm #A01441.700
April 4-June 27
Cost: \$59 (No classes 5/30 & 6/20)

Wednesdays, 11 am–12 noon #A01440.700
April 6-June 29
Cost: \$69

Join Certified Yoga instructor, **Mary Garratt**, and learn the techniques that promote good health and strength.



Chair Yoga

Thursdays, 10-11 am #A01425.700
April 7-June 30
Cost: \$69

Chair yoga is a great way to relax from head to toe without the stress of getting out of your chair. Join Certified instructor, **Connie Bowman**, and promote your improved mobility.

Beginner Soul Line Dance

Thursdays, 2-3 pm #A01419.601
March 3-31
Cost: \$28

Join **Jessie Barnes**, our "seasoned" Dance Instructor who teaches throughout Central Maryland. Learn beginners' line dance steps and get fit at the same time.

Seated Tai Chi

Tuesdays, 12-12:50 pm
April 5 –June 28
Cost: \$69 #A01415.700



Join Instructor, **Charles Toth** for this seated class. It will introduce participants to the Chinese exercise forms of Tai Chi & Qi Gong.

Easy-to-follow movements will improve your body awareness, strengthen your joints and muscles, and help you develop a state of mental quietness and relaxation. Please bring water.

Nelson Mandela International Day

Monday, July 18



We celebrate every year to shine light on the legacy of a man who changed the 20th century and helped shape the 21st.

On this special day, the world takes 67 minutes out of their busy lives, to stand still and contribute in whatever small way to people in need. Mandela Day is about **making a positive impact in the world by a small act of kindness, donating to a worthy cause or serving somewhere in your community.**

50+ Fitness CENTER

The Bain 50+ Fitness Center is available to help put you on the path to lifelong fitness.

- ◆ Participants must be 50 years of age and a member of a Howard County 50+ Center.
- ◆ Passes are established from the date of purchase.
- ◆ Refunds are not provided.
- ◆ Equipment Orientation may be viewed at:
Equipment Video

<https://www.youtube.com/watch?v=8KyvEPCNJZ8>

Equipment Overview

**Wednesdays: April 20, May 11, June 15
11 am**

Want to learn how to use our state-of-the-art new Fitness Center equipment? Join 50+ Fitness Coordinator, Michelle Rosenfeld, for an orientation. She will demonstrate how to properly adjust and use each piece of equipment. To register call the front desk at 410-313-7213.



Personal Training –Tuesdays 11:30 am—2 pm

Looking for one-on-one inspiration or a work-out tailored to fit your needs? See a flier for complete details on this service.

Half hour session = \$45

Package of 4 Half hour sessions = \$160

Package of 8 Half hour sessions = \$299



\$75/year County Resident

\$100/year Non-Resident

\$5/daily Drop-in Fee

This package is offered in collaboration with Recreation and Parks and provides more locations for your 50+ work-out. It includes unlimited use of fitness equipment rooms at:

Bain 50+ Center

5470 Ruth Keeton Way, Columbia 21044
Mon-Fri 8:30 am-4 pm

Elkridge 50+ Center

6540 Washington Blvd, Elkridge 21075
Mon-Fri 8:30 am-4 pm

Ellicott City 50+ Fitness Center

9411 Frederick Rd, Ellicott City 21042
Mon-Fri 8:30 am-4 pm

Gary J. Arthur Community Center

2400 Rte 97, Cooksville 21723
Mon-Sat 7 am-9 pm & Sun 9 am-6 pm

North Laurel Community Center

9411 Whiskey Bottom Rd, Laurel 20723
Mon-Sat 8 am-9 pm & Sun 9 am-6 pm

Roger Carter Community Center

3000 Milltowne Dr, Ellicott City 21043
Mon-Friday 6 am-10 pm
Sat 7 am-10 pm & Sun 7 am-9 pm

The **Fitness Equipment Room** is open for drop-in use during the open hours noted above. Please use gym courtesy and give everyone a chance to experience a good work-out. During busy hours, limit your time to 20 minutes on cardio equipment. If the equipment you would like to use is occupied, please make the current user(s) aware that you are waiting for them to finish. Please refrain taking calls while working out and wipe down equipment after use. Your cooperation is appreciated.